

## Who can enroll in P.A.T. Perinatal Health?

Any woman in Monroe County who is:

- 32 weeks pregnant or less.
- Has no more than 1 other child.

Referrals to the program for teens and women with high risk pregnancies who do not fit into the above criteria will be considered on a case by case basis.

## How do I sign up?

You can call P.A.T. Perinatal Health at **753-5437** for more information or to enroll.



*PAT Perinatal Health is part of the Child and Family Health Services of the Monroe County Department of Public Health. We are continuing the tradition of providing leadership and service to protect and promote the health of children and families in Monroe County.*

*Our goal is to provide public health services that will result in improved health and developmental outcomes for families and our community.*

*Maggie Brooks  
Monroe County Executive*

*Andrew S. Doniger, M.D. M.P.H.  
Director of Health*



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## MONROE COUNTY DEPARTMENT OF PUBLIC HEALTH

**P.A.T.**  
(Parents As Teachers)

## Perinatal Health



*Reaching Moms,  
Reaching Babies*

*Helping Families Grow*

**P.A.T. Perinatal Health** is a home visiting program serving pregnant women and their families. P.A.T. utilizes Certified Parent Educators to provide the evidence-based Parents as Teachers Foundational Curriculum. An equally important part of P.A.T. is the health based component providing important prenatal, parenting and health education.

P.A.T. Perinatal Health is at **NO COST** to all eligible women.



Belly  
Casting

Your Parent Educator will visit 1 to 2 times a month during your pregnancy and until your baby is one year old. You will then be transitioned to the “Parents As Teachers/Right From The Start” Program at Crestwood Children’s Center to continue valuable parenting education.

**Certified Parent Educators can help you have a healthy pregnancy and a healthy baby by:**

- Helping you find a prenatal & pediatric care provider, talking about the importance of routine care and immunizations for yourself and your children.
- Assisting you and your baby in applying for medical insurance (Presumptive Eligibility Qualified Provider on site).
- Helping you to navigate the health care and social services system.
- Providing important pregnancy information including:
  - \* How your baby develops, nutrition during pregnancy, labor & delivery and staying healthy between pregnancies.
  - \* Dental care during pregnancy.
  - \* Breastfeeding your baby.
  - \* Information on family planning methods.
- Talking about the risk factors of HIV/STI's & substance use during pregnancy.
- Providing important information about lead poisoning.



**The goal of P.A.T. Perinatal Health is to help you build a healthy nurturing environment for your child by using the following 4 ways to partner with you:**

- **Personal Visits:** the parent educator will help connect your child’s behaviors and actions to what is happening in his or her development by providing “parent-child” activities.



- **Group Connections:** parents can come to meet other parents, learn more about child development & parenting topics and share interesting activities with their child.
- **Screening:** health, vision, hearing and developmental screenings are provided to give you a personal profile of your child’s growth over time.
- **Resource Network:** connecting you with resources and organizations that will help you meet your family’s needs and goals.